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Thursday, April 10, 2014

Colleges & Campus News

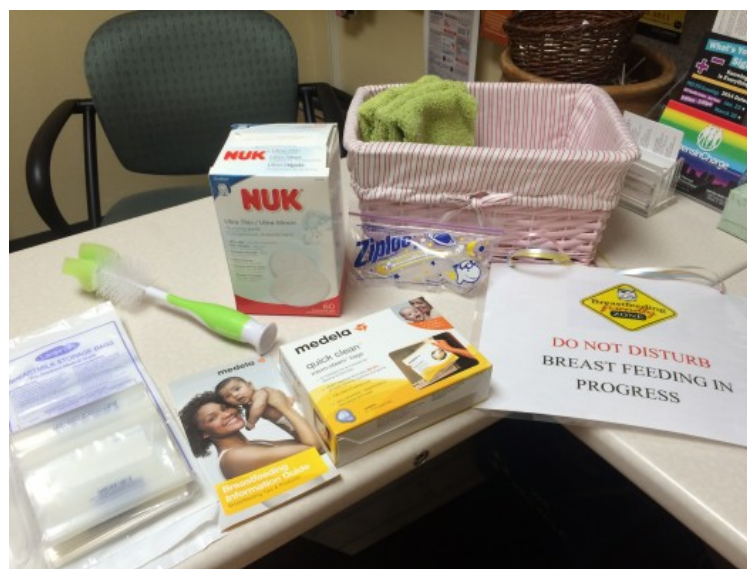
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Lactation Privacy Rooms Available on Campus

UCF Goal 4: Become More Inclusive and Diverse



The University of Central Florida recognizes the needs of new mothers by developing lactation privacy rooms on campus. These secure locations provide UCF mothers, whether students, staff or faculty, the ability to ease back into work or school without having to sacrifice the healthy practice of expressing their milk.

Numerous studies and healthcare recommendations point to breastfeeding for the promotion of optimal infant health. However, it can be a very difficult process for the postpartum professional or collegiate mother returning to work or school. The College of Nursing Family Nurse Practitioner graduate students chose to support this because they understand that supplying an environment that is conveniently located and dedicated to the lactation needs of the community supports the continuation of the breastfeeding process while working towards success in career and/or studies.

“This is a tremendously beneficial resource for our new mothers on campus,” said Michelle Darido, a graduate student in the UCF College of Nursing. “It shows our university’s strong effort in promoting the Healthy People 2020 Breastfeeding Objectives, which involve not only increasing the number of breastfed infants but also creating work-site lactation support programs. I am very proud of UCF’s commitment to the betterment of our community.”

Student Development and Enrollment Services' Wellness & Health Promotion Services provide one of the breastfeeding—pumping stations. It is a safe place for a faculty, staff or student nursing mother to stop along the work day or who is heading to class. The lactation room, located in the Recreation and Wellness Center suite 111, has all the supplies a parent on the go might need including cleaning supplies (including sanitization materials), a nursing pillow, milk storage bags and breast pads.

“Our goal is to support breastfeeding mothers by providing a clean, private space,” said Maureen Hawkins, director of WHPS. “This program has been based on generous donations of breastfeeding/pumping supplies.” If you are interested in donating or have questions regarding WHPS services, contact Maureen Hawkins at: Maureen.hawkins@ucf.edu.

Currently, there are four locations available across UCF campus' sponsored by the UCF Center for Success of Women Faculty and the UCF College of Nursing. Each room provides a work surface, chair, cleaning supplies, pamphlets and other useful resources that were assembled as nursing service-learning projects with the CSWF.

Lactation Privacy Room locations:

- UCF College of Nursing (University Tower) – Room 461
- UCF College of Medicine (Lake Nona) – Room 419
- UCF Main Campus (Physical Science Building) – Room 430
- UCF Main Campus (Recreation and Wellness Center) – Suite 111

Contact Fran Ragsdale (Center for Success of Women Faculty) at: Fran.Ragsdale@ucf.edu for any questions.

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